

AMH Inside Out

Safety—Not Small Talk

By Cindy Harrington, AMH Emergency Preparedness Specialist

September is National Preparedness Month, so what better time to discuss safety preparedness. As the seasons change, so do the safety risks related to the incoming season. It is important to plan and prepare for the hazards that we may encounter as we participate in activities of the new season.

It doesn't take much effort or great expense to put safety measures in place. Ensuring the safety of our friends and family or at minimum reducing risks should be paramount.

When I think of summer, I think of backyard barbeques (lots of them), picnics, swimming (pools and larger bodies of water), boating, bees, and ice cream. Thank goodness the only safety risk associated with the latter is the car ride to 31 Flavors (we won't count overindulgence). When I think of fall, I think of biking, hunting, back to school and Halloween. So, how do we prepare for fall safety? We plan ahead. Here are some examples of what to look for and how to prepare:

Biking—Are my tires pumped-up? Is my chain well greased? In general is my bike in good repair? Do I have a water bottle and a place to store it for the ride? Do I have a pouch for some change, a cell phone and my house/car keys? Do I have a bike helmet and do I know where it is? Will I be riding at night and if so, do I have the appropriate reflectors and bike lighting? Do I have the right clothing, so that I will be seen by drivers?

Hunting—Have I taken a Hunter's Safety Course? Do I have the appropriate clothing and boots? Have I cleaned my hunting equipment? Do I have the appropriate ammunition (no substitutes)? Am I using the safety lock as appropriate? Do I have a buddy to go along on the trip? Does someone know where I will be? Do I have enough supplies (food, water, etc.) to sustain me if I can't make it back to camp for a day or two? Where am I going to store my food and food waste (bears)? Do I have a flashlight and a compass?

**Be Aware,
Be Responsible,
Be Safe**

Halloween—Trick-or-Treating – Make sure your children are chaperoned. Decide where (and where not) to trick-or treat. Are there sponsored events promoting a safer atmosphere (i.e. Columbia Center Shopping Mall, Downtown Kennewick Parade)? Have you established and shared with your children trick-or-treating “rules” (i.e. nothing is eaten until examined by mom and dad, no running off, no unchaperoned visits into individual houses, anything that isn't in a sealed wrapper automatically goes in the garbage)?

Back to School—With the arrival of end of August/early September, your children are no longer safe in bed or at the sitter's when you leave for work.

West Nile Virus season is here!
 Check [here](#) for information.
Late Breaking News: Infected mosquitoes found in West Richland, WA

There are a few ways you can help to keep your children safer.

- Preach crosswalk safety to your children. Make sure they know where the crosswalks are located and the process you want them to follow before they step off the curb; talk to your children about sticking to a consistent school route, straight to school and straight home.
- Don't talk to strangers; what to do if encountered by a stranger.
- Preach hand washing, not to drink after others and not to share hats, coats and hair brushes.

We have only skimmed the surface with these few safety tips, but it's a good start. Safety topics and ideas not covered in this brief article may be available at your local library or by accessing the Internet.

There are many wonderful search engines available to you (i.e. Google, Ask), where all that is needed is a simple string of words (i.e. summer safety) to conduct a productive search.

A Health and Wellness Tip



**LESS TALK,
MORE WALK**

Join a walking group or start your own.
Make that mid-day break mean something. Don't go it alone...



Watch for upcoming events with AMH

SEPTEMBER
[Quarterly Health Fairs](#)
 (September 3, 8 & 10)

[The 2008 National Health & Wellness Observances Calendar](#)

Select a link or visit our website: www.hanford.gov/amh

Cholesterol: Good & Bad

By Mark Grimmett, PA-C, AMH Physician Assistant

The amount of cholesterol in your blood has a lot to do with your risk of developing heart disease. Other risk factors such as age, gender, smoking, inactive life style, elevated blood pressure and diabetes also increase your risk.

Cholesterol is a lipid (fat type substance) that is found in all animals. Most of our cholesterol is manufactured in the body but some of it comes from what we eat. When we have too much cholesterol circulating in our blood it can cause hardening (plaques) and narrowing of the arteries. Sometimes these plaques can become unstable and break off, blocking arteries that feed the heart and cause a heart attack. If the arteries that feed the heart become too narrow a person can experience chest pain (angina) with increased exertion.

There are also different kinds of cholesterol, both good and bad. The good cholesterol is referred to High Density Lipoproteins (HDL) and has a protective effect on the

heart. Too much of the bad cholesterol or Low Density Lipoproteins (LDL) can increase your risk of heart disease. Another form of cholesterol or fat is Triglycerides which can also increase the risk of heart disease if too high.

September is National Cholesterol Education Awareness Month— for more information...

[American Heart Association](#)

[AMH Health Education Services](#)

- 1. **Therapeutic Lifestyle Changes (TLC)**-includes a cholesterol lowering diet, regular exercise, and weight management. A healthy diet, regular exercise, and losing weight can raise HDL levels and lower the LDL. It's a good idea to be physically active for at least 30 minutes on most days of the week.
- 2. **Drug Treatment**-a variety of different drugs can be used in combination with TLC to reduce LDL cholesterol levels, raise HDL, and lower high triglyceride levels.

How do you treat high cholesterol?

The main goal of cholesterol-lowering treatment is to lower your LDL to levels that reduce your risk of heart disease. The higher your risk, the lower your LDL goal will be.

There are two main ways to reduce your cholesterol

It's also very important to reduce any other risk factors you have for heart disease like smoking and high blood pressure. Everyone aged 20 and over should have his/her cholesterol levels checked at least every 5 years. Testing should become more frequent as you get older and based on the recommendations of your Health Care Provider.

Source: NIH Publication No. 05-3290 High Blood Cholesterol: What you need to know

Healthy Recipes

Grilled Portobello Sandwich

Serves: 4

~ROASTED RED PEPPER AIOLI~

1/2 cup light mayonnaise
3 cloves garlic, pressed
1/2 Tbsp lemon juice
7 oz roasted red pepper (2 large peppers)

~PORTOBELLO MUSHROOMS~

4 Large Portobello mushrooms
1/4 cup balsamic vinegar
2 Tbsp olive oil
1/8 tsp salt
1 tsp dried basil
1 tsp dried oregano
3 cloves garlic, pressed

4 whole wheat hamburger buns (I used buns that were 140 calories each)

4 slices of reduced fat Provolone cheese
One additional roasted red pepper cut into slices for topping the Portobello and cheese.



Make the Aioli first so it has time to allow the tastes to blend: Combine in a food processor: the mayonnaise, 3 cloves of garlic, lemon juice, and 7 ozs (2 peppers worth) roasted red pepper. Spoon into a container and put in the refrigerator to sit. This recipe makes a full cup of aioli (at least double the amount you would need for 4 sandwiches—freeze portions not used for your next batch of Portobello sandwiches.)

Marinade and Mushrooms: In a ziplock bag, combine balsamic vinegar, olive oil, 3 cloves of garlic, salt, basil, and oregano. Shake to mix. Take the Portobello mushrooms and remove the stems. Using a spoon, remove the gills from the underside of the mushrooms. Add the mushrooms to the bag of marinade and marinate for at least half an hour (I usually prep them the night before and pull them out for dinner the next day and then skip the basting), turning occasionally to make sure all the mushrooms are equally marinated.

Preheat your grill for medium high heat. Brush grate with oil, or spray with cooking spray away from the heat or flame. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling.

Assemble the sandwich with the wheat buns, mushroom with cheese, 2 Tbsp of Aioli sauce, and extra roasted red pepper slices.

For more: [Healthy Recipes](#)

PER SERVING:

Calories	201.2
Fiber	3.2 g
Cholesterol	10 mg
Sodium	392.2 mg
Protein	9.8 g
Carbohydrate	23.1 g
Saturated Fat	2.6 g
Total fat	10 g



ATTENTION ALL!!

AMH Flu Clinics are coming soon—November 3-20, 2008.
Watch for more information and clinics schedule on the [AMH website](#)

